**WPH Mentoring for Greatness Program**

**Module 3 Lesson 4**

**Lesson:** Life’s balances; Work, Church, Home, Kids & Marriage

**Introduction**

It’s a bit of a challenge having a rounded life style that is balanced without spending more time on one aspect of your life and other areas underdeveloped, underutilized or unattended. This type of life makes you one sided and in a repetitive cycle from home to work to church and back home neglecting other aspects such as your marriage and kids! Your life maybe all about your kids and nothing else or all about your commitments in church and no social life or marriage time. You could also be so scared of losing your man that you spend all your time with him to the detriment of everything else.

*Look at your life and go through the following tips sincerely*

1. List all your spiritual commitments in order of priority. Relieve yourself from all commitments that you are no longer very passionate. This will free up much needed time.
2. Assess your home life how much time do you spend for your home in a 24 hour cycle? If you just sleep there or come in very late think of rescheduling. If you are in the house more than 12 hours a day and you don’t work from home do a rescheduling of activities.
3. How much time do you have for your kids in the week? Do you check their academic progress? Do you pray with them? Do you take them out? Do you check on them if they are teens? If you can sincerely answer these questions, you will know if you need rescheduling for your kids.
4. Do you make time for your spouse? Wherein it’s only you and your spouse? It’s good for a healthy marriage to have time by yourselves to talk about personal concerns and things related to the wellbeing of the marriage. You need to make a conscious effort to create this time in your weekly schedule if you don’t already have one.

**Reading Assignment**

Read a book that will help you have a life outside your job or normal lifestyle. Tell us the author, send us a picture of the book cover and explain what you learnt from the book.

**Assignments**

**All written assignments should be sent to** [**wphm4gprogram18@gmail.com**](mailto:wphm4gprogram18@gmail.com) **with your name and mentee no.**

1. **Practice the tips above, share your experience highlighting each area in your written assignment.**
2. **Teaching Others**

Share with another woman how you are balancing your life and help reschedule for a

meaningful life.

1. **Prayer Assignment**

Pray in tongues for 2hr

Pray in your understanding for 2hr

**Lesson Expectations**

1. You should be able to have a much more balanced lifestyle
2. You should have found a way of spending quality time with your kids and husband.
3. You should have been able to reorganize time spent on the underdeveloped areas of your life
4. You should have helped someone reorganize for a better life
5. Your prayer life should have gone up to 2hours +
6. You should have read a book to help you have a life outside your job or normal activities.

***If you have questions contact your Personal Mentor and feel free to ask questions thru Whatsapp*** +2202530572/+23279225740 with your name and mentee number